

Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

Product: Jam & Apple Pastizzi

Size: 600g

Ingredients List

Flour [**Wheat Flour**, Thiamine, Folic Acid], Apple (20%) [Apple, Citric Acid], Water, Vegetable Based **Margarine** [Vegetable Oils and Fats, Water, Salt, Emulsifier (322 (**Soy** Derived), 471), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (306 (**Soy**))], Jam (6%) [Sugar, Apple, Gelling Agent (440), Acidity Regulator (330), Flavour, Preservative (202), Colour (122, 124)], Thickener (1422), Sugar

Allergen Listing:

"This product contains the following allergens:

Gluten, Soy

May contain Traces: Nuts, Egg, Dairy

Barcode Number:



NUTRITION INFORMATION

Servings per package: 12

Serving size: 50g (approx)

	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* PER SERVING	AVERAGE QUANTITY PER 100G
Energy	625 kJ (149 Cal)	7%	1250 kJ (299 Cal)
Protein	3.2 g	6%	6.3 g
Fat, Total	5.8 g	8%	11.6 g
- saturated	3.0 g	13%	6.0 g
- trans	LESS THAN 0.1 g		0.1 g
- polyunsaturated	0.6 g		1.1 g
- monounsaturated	2.2 g		4.4 g
Carbohydrate	20.3 g	7%	40.6 g
- sugars	4.0 g	4%	8.0 g
Dietary Fibre, Total	1.6 g	2%	3.1 g
Sodium	215 mg	9%	430 mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.